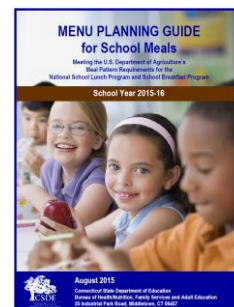


# Menu Planning Guide for School Meals

The Connecticut State Department of Education's (CSDE) *Menu Planning Guide for School Meals* (MPG) contains information and guidance on planning menus to meet the U.S. Department of Agriculture's (USDA) meal patterns for the National School Lunch Program (NSLP) and School Breakfast Program (SBP), based on USDA regulations and policy and Connecticut statutes and regulations. The contents of the MPG are subject to change. The CSDE will update this guide as the USDA issues additional policy and guidance.



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For more information on menu planning and crediting foods, see the CSDE [Meal Patterns](#) Web page and [Crediting Foods](#) Web page or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg\\_overview.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg_overview.pdf).

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